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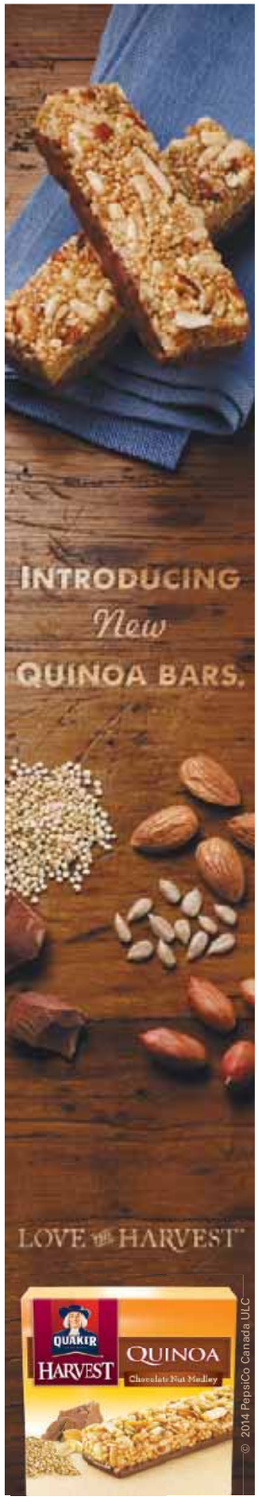

DON'T BE AFRAID. WE COME FROM THE INTERNET

GTA-BASED YOUTUBE STAR 'SUPERWOMAN' A CELEBRITY FOR THE 'NET GENERATION PAGE 4

Could transit funding come from TIF ... or maybe TIFF?

Columnist Matt Elliott looks at alternative to vaunted tax increment financing PAGE 14

Crude shirts a form of protest or a defence of 'rape culture'?

University roiling after shirts appear in wake of a ban on 'safe space' swearing PAGE 9

Good cop, bad cop, gay cop

Who am I today? Study highlights the struggle LGBT officers have with identity and cop culture

Toronto's standing

Out of 16 police forces assessed in the study, Toronto Police stood out as a leader in supporting LGBT officers.

- Toronto police have made efforts to recruit from the gay community and have built an internal support network for LGBT cops.

An Ontario cop kept her bisexuality secret because of homophobic banter. A lesbian officer felt compelled to quit after coming out. A transgender cop never noticed misogyny in his force until he entered the men's locker room.

They are among 21 LGBT officers interviewed in a landmark study on the struggles of queer police in Ontario. It is the first piece of Canadian research to explore the lives of gay cops.

"Policing is only now coming to grips with serving that community and including them in police organization," said research author Joe Couto, who works for the Ontario Association of Chiefs of Police as the director of government relations and communications.

Couto also analyzed the wording of police mottos, policies and business plans and looked at how involved leaders were in the gay community.

Many findings came as a surprise. Some lesbian cops felt more easily accepted in the "macho" culture than gay male cops, while many lesbian cops felt they had to "prove themselves" as both female officers and LGBT officers.

When it comes to identity, gay officers are in a bit of a limbo between the image of a prototypical cop and their sexual identity, Couto said.

"They're trying to figure out how to be a gay cop and the cop that other cops will say, 'Yeah, I want them on (my) platoon.'"

One gay male officer said, "People say stuff to fit in whereas they actually don't believe what they're saying."

Moving away from a hypermasculine culture can be a steep challenge, and Couto said it starts with one person: the chief. TORSTAR NEWS SERVICE

A SHINING, SIGNING STAR

Jessica Chastain signs autographs at the premiere of Miss Julie during this year's Toronto International Film Festival at the Winter Garden Theatre on Sunday. For tons of TIFF coverage, including highlights, galleries and interviews, head to pages 17-19 and online at tiff.metronews.ca. JASON MERRITT/GETTY IMAGES

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FIVE THINGS YOU NEED TO KNOW TODAY

1
MORE BIG NAMES AT TIFF
Star spotting? Keep an eye out for Channing Tatum and Steve Carell. Foxcatcher premieres today at the Toronto International Film Festival.

2
14 YEARS OF FORD?
Rob Ford has vowed he will be mayor of Toronto for 14 more years. Voters will decide on Oct. 27 whether he'll start with another four.

3
UNDER SIEGE
Islamic extremist group Boko Haram, which kidnapped more than 300 schoolgirls in April, has seized more towns along Nigeria's northeastern border with Cameroon.

4
ALLIANCE AT RISK
The president of the Palestinian unity government has threatened to dissolve his alliance with Hamas if the group does not give up the Gaza Strip. The recent cease-fire could be in jeopardy.

5
SURPRISE FOR SINGLES
Host Chris Harrison gives the remaining bachelors and bachelorettes a shocking ultimatum on the season finale of Bachelor in Paradise tonight on City.

Dozens try their luck in Marijuana Treasure Hunt

High Park. Hidden coupons offer everything from free bongs to discounted weed

There's weed in them thar hills, you might say, and at high noon the hunt was on.

Seekers of hidden treasure fanned out across High Park on Sunday — an assortment of marijuana enthusiasts and medicinal users who scuttled through bushes and checked under garbage bins in search of their promised bounty.

To keep things legal, there weren't actually bundles of drugs hidden in the west-end green space. Instead, hundreds of coupons were tucked away, redeemable for $25,000 worth of free bongs, pipes, rolling papers, vaporizers and discounted weed, the latter available only for people with valid prescriptions, according to organizers from the Marijuana Info Bureau.

It was almost too good to be true for Barry Bellows. The 37-year-old raced down to the park on his bike, after hearing on the morning news about the second annual Marijuana Treasure Hunt. He found 30 prize vouchers within an hour.

"This one's for 10 (THC) lollipops, $50 off, free delivery," said Bellows, grinning as he flipped through his findings. An envious and empty-handed fellow hunter looked on from a nearby bench.

The scavenger hunt was announced weeks ago via Twitter and on flyers. It attracted dozens of treasure hunters to the park on Sunday.

TORSTAR NEWS SERVICE

The fine print

Maps and a list of rules were available online through the Marijuana Info Bureau Twitter feed.

- These stipulated that you must be 18 to participate, and have a medical pot prescription to claim marijuana prizes.

Barry Bellows, 37, holds out the 30 prize cards he found while searching High Park during the second annual Marijuana Treasure Hunt on Sunday. Participants were in search of marijuana-related coupons that had been hidden throughout the park by a group called the Marijuana Info Bureau (MIB). TARA WALTON/TORSTAR NEWS SERVICE

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Civic Action. Non-profit to tackle joblessness among youth with pilot program

It has been a long summer for Oscar Ludzik, 18, who has been looking for work since finishing high school in June.

But reality sunk in last week when, as many of his friends returned to their studies, Ludzik killed time playing video games, surfing the Internet and going for walks around his west-end Toronto neighbourhood.

"It's a little bit harder when you realize that people have things that they're doing," he said. "Sometimes it feels a little bit hopeless, like, what if I never get an interview? What if everything I'm doing is pointless? It's hard to think about."

For Ludzik and others like him, however, help may be on the way.

The business community could soon play a pivotal role in breaking down the barriers to employment in the Greater Toronto and Hamilton Area (GTHA), where an estimated 83,000 of those aged 15 to 24 are not in school or training or don't have jobs.

In partnership with the province, the Toronto-based non-profit Civic Action unveils a strategy on Monday that seeks to jump-start a more collaborative approach to tackling the roots of youth joblessness.

The goal is to spearhead several private-sector job and mentorships programs, to be piloted in the region next year.

If effective, Minister of Children and Youth Services Tracy MacCharles said these programs could be rolled out across the province.

"People are recognizing more and more that government alone can't be successful in helping our youth, and helping our youth that face barriers," MacCharles said.

"Employers are really keen to look at how to attract and retain qualified young people."

The Civic Action report released Monday follows months of consultations with private-sector employers, community agencies and affected youth.

The report pinpoints "roadblocks to opportunity," such as structural discrimination and a lack of meaningful connections, as well as several "actions" to address these concerns.

The pilot programs, developed with $375,000 in provincial funding, will seek to put these actions in place.

TORSTAR NEWS SERVICE

Youth unemployment by the numbers

- **83,000:** Youth aged 15 to 24 in the GTHA who are not in education, employment or training.
- **19.5:** Unemployment rate in Toronto for non-visible minority youth.
- **23.9:** Unemployment rate in Toronto for visible minority youth.
- **24.9:** Unemployment rate in Toronto for aboriginal youth.
- **$115 billion:** Estimated collective loss of tax revenue from high school dropouts in Canada over 35 years.

SOURCE: CIVIC ACTION

Superwoman: A YouTube star for the new digital era

'Sea of Superwoman'. Lilly Singh, known by her fans as Superwoman, is a YouTube celebrity who posts short, funny videos twice a week

Lilly Singh, a.k.a. Superwoman, is a Markham-based YouTube star with almost 4 million subscribers around the world. Here, she signs autographs for screaming fans in a Brampton movie theatre parking lot. TORSTAR NEWS SERVICE

Superwoman's interview with Torstar News Service was scheduled to begin an hour earlier, but Superwoman has fans — hundreds of them here pressed up against a security fence in the Brampton SilverCity parking lot — and they all want an autograph.

She obliges, taking the pens thrust at her from the crowd.

"Omigod," says one girl, maybe a dozen times, after her grey rectangle of bristol board is signed. "I'm gonna cry, I swear to God," says another, trembling fan.

Tween after tween, they looked flushed, even a little distraught, at the intensity of the experience. Some are tearful, others wear T-shirts emblazoned with the iconic red-and-yellow "S."

Superwoman is the screen name of 25-year-old Lilly Singh. Born and raised in Scarborough and now living with her parents in Markham, she has become one of the world's biggest YouTube stars.

If you're older than 16, you probably don't know who she is. If you're younger than 16, there's a chance she's your hero. Nearly four million people subscribe to her YouTube channel, where she posts short, funny videos twice a week.

Singh is part of a generation of YouTubers cornering the entertainment market of the future: low-budget, self-produced, alternately intimate and goofy and, most importantly, 100 per cent digital.

She turned out recently to help launch the soundtrack for Dr. Cabbie, a movie about Indian immigrants to Canada. Thousands came for a glimpse of Salman Khan, the Bollywood heartthrob who co-produced the film. But #TeamSuper, Singh's social media-based fan club, is well represented. A day before the event, she posted an online appeal for viewers to show up and stage a digital insurgency against the impending silver-screen worship.

"I really have this desire to make it known that the Internet exists, and YouTubers are important," she says earnestly into a hand-held camera. "And not only are YouTubers important, our followings are incredible.

"I want this event to happen, and I want there to be a sea of Superwomen there. Not because of me — because of us."

The call to arms worked. As one of the dozens of signs held aloft in the melting late August heat said: "Superwoman and YouTube brought us here."

Singh refuses to discuss financial details, but with a following of her size she could easily be making six figures a year.

"If you want to make YouTube your career, you have to accept that it is also a business," Singh said. "I know everyone's like, 'It's my passion, it's my hobby.' And that's fine, I support that. But if you want to make it your career, it does have a business side."

TORSTAR NEWS SERVICE

From York U to Justice League

Superwoman's first YouTube video, uploaded in 2010, was in the perennial adolescent genre of bad poetry and inspired by the classic tween concerns of hair and clothes.

- Spoofing the accent and harsh manners of conservative Indian families helped launch Superwoman's online celebrity, but her range of topics has grown to encompass the full ambit of teen preoccupations.

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Police search for vandals after sword stolen from war memorial

Police are searching for a group of vandals after a statue commemorating the First World War was damaged in a late night theft.

Police said a group of six people allegedly removed the sword from the Malvern Collegiate Institute statue at approximately 4 a.m. on Aug. 23.

The group, which included four young men and two young women, estimated to be between 18 and 20 years old, were captured on surveillance footage at the scene, said Toronto Police Det. Keri Fernandes.

In the video, one man appeared to climb the statue, remove the sword and throw it down to another man, said Fernandes. The other four were allegedly acting as lookouts — videotaping and taking pictures.

"I'm expecting that there will be social media evidence that has circulated or may be circulating," said Fernandes, who hopes that the footage from the scene will help the police identify the suspects.

The statue, which was erected in 1922 to commemorate the 25 Malvern Collegiate Institute students who died in the First World War, has been a popular beacon for vandalism in the past. TORSTAR NEWS SERVICE

Janette Ganova, pictured, and her family came to Canada from Prague in June 2009, triggered by the kidnapping that Ganova says caused the permanent swastikas on her back. The family claimed they were victims of persecution, and Czech officials failed to protect them. CONTRIBUTED

Canada's IRB rejects Czech Roma woman's asylum claim

Swastikas carved in her back. Panel finds her evidence to be inconsistent

Would a Czech Roma asylum seeker be so desperate to get accepted in Canada that she'd carve two swastikas in her back to fool a refugee judge?

While Janette Ganova said the markings were cut by two skinheads who kidnapped her in Zatec, Czech Republic, her now-estranged husband wrote a "poison pen letter" to immigration officials claiming that her injuries were self-inflicted.

After four hearings that stretched over two years and ended in July, the Immigration and Refugee Board (IRB) couldn't determine the culprits who did the crime, but rejected the Toronto woman's claim, saying her evidence was inconsistent and there's enough protection in Czech Republic for Roma.

"The panel is unable, based on evidence provided, to make a clear finding as to how the injuries ... on the (claimant's) back," wrote IRB adjudicator Louise Paquette-Neville in the unusually long 68-page decision released last week.

"The panel finds (she) has not provided clear and convincing evidence that state protection was inadequate in her circumstances."

Ganova, her husband Elemir Horvath, their five daughters and one son came to Canada from Prague in June 2009, triggered by the kidnapping that Ganova says caused the permanent marks on the woman's back. The family claimed they were victims of persecution and Czech officials failed to protect them.

In 2005, Ganova claimed her daughters were attacked in the school in a series of incidents but officials and police ignored their pleas. The carving of the swastikas on Ganova's body was the last straw.

Paquette-Neville, however, found that Czech officials did take the family's complaints and conducted repeated investigations before ruling that there was "no proof of any psychological or other pressure of the school" on the children.

TORSTAR NEWS SERVICE

U.K. may offer Scots more fiscal autonomy

Referendum looms. With the 'Yes' vote for Scottish independence surging, Britain set to allow greater tax and financial freedom

The British government plans to offer Scotland more financial autonomy as polls predict a very close vote in the referendum on Scottish independence.

Chancellor George Osborne said Sunday the government is finalizing plans to give Scotland greater fiscal and tax autonomy and will unveil the proposals in the coming days.

Osborne spoke as recent polls have shown a tightening vote ahead of the Sept. 18 referendum on Scotland's independence from Britain, with the "Yes" movement gaining momentum despite the British government's warnings of possible pitfalls, such as not being able to use the British pound.

Scottish referendum

"There is no guarantee whatsoever that if Scotland votes 'No' we will get a single additional power for the Scottish Parliament."

Scottish Deputy First Minister Nicola Sturgeon

Scottish Deputy First Minister Nicola Sturgeon said that if the British government was serious about giving Scotland more powers, they would not have waited until two weeks before the referendum.

"There is no option of more powers short of independence on the ballot paper," she said. "There is no guarantee whatsoever that if Scotland votes 'No' we will get a single additional power for the Scottish Parliament." THE ASSOCIATED PRESS

Rivers laid to rest in NYC

Melissa Rivers and her son Cooper Endicott walk to a waiting car after the funeral service for comedian Joan Rivers in New York on Sunday, Sept. 7, 2014. Rivers died Thursday at 81. CRAIG RUTTLE/THE ASSOCIATED PRESS

Hawaiians living near volcano still on alert as lava flow slows

Eruption warning. Civil defence agency keeps country on alert despite slowed flow

Residents in a sparsely populated neighbourhood near Hawaii's active volcano are still on alert while officials say a dangerous lava flow has slowed its advance.

The Hawaii Civil Defence Agency said Saturday that an inspection made by helicopter of the area shows the lava had flowed about 50 yards since Friday.

The agency reported the flow advanced about 150 yards between Thursday and Friday.

The flow was moving at almost 300 yards a day earlier in the week.

Officials said no residents have been asked to evacuate and that the flow does not pose an immediate threat. The nearest homes are about a mile from the flow, which could reach the residential area in about week.

Residents remain under an eruption warning and are asked to be ready to evacuate. THE ASSOCIATED PRESS

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Action. Arab League appeals for support against ISIS fighters

The head of the Arab League appealed Sunday to its member states to confront "militarily and politically" Islamic State of Iraq and Syria (ISIS) insurgents, an apparent call to arms as the U.S. launched new airstrikes against the group's fighters in Iraq.

Nabil Elaraby's comments come ahead of U.S. President Barack Obama's planned address Wednesday to the American people on his plans to confront ISIS, which now controls a wide swath of territory in Syria and Iraq.

Washington is looking for wide support for its call to take action on ISIS, following domestic criticism it was too overly cautious in dealing with the militant group.

Already, NATO forces have agreed to take on ISIS militants. Support from the Arab League could provide Obama the international coalition he hoped to create to challenge the group.

It wasn't immediately unclear what steps the Arab League would take in supporting action against ISIS. THE ASSOCIATED PRESS

Captive soldiers

Lebanese PM pleads for calm

Lebanon's prime minister pleaded for his countrymen to be calm in a rare televised appeal on Sunday evening, as anger swelled over the continued capture of soldiers and police by militants in Syria.

Tammam Salam's call came after photos emerged showing that militants of the Islamic State of Iraq and Syria (ISIS) had beheaded a second captive Lebanese soldier on Saturday. Militants in Syria, including the ISIS group, are holding around 20 soldiers and police. THE ASSOCIATED PRESS

Floodwaters and landslides devastate Kashmiri villages

Kashmiri men move with their cattle from their flooded neighbourhood in Srinagar, India, Sunday. DAR YASIN/THE ASSOCIATED PRESS

Incessant rains. Worst flooding in more than five decades

Landslides and flash floods triggered by heavy monsoon rains have killed nearly 300 people in large swaths of northern India and Pakistan, officials said Sunday.

Five days of incessant rains in Indian-controlled Kashmir have left at least 120 people dead in the region's worst flooding in more than five decades, submerging hundreds of villages and triggering landslides, officials said. In neighbouring Pakistan, more than 160 people have died and thousands of homes have collapsed, with an official saying the situation was becoming a "national emergency."

Rescuers in both countries were using helicopters and boats to try to reach tens of thousands of people stranded in their homes as floodwaters rose and submerged many villages.

Rescue efforts in Srinagar, the main city in Indian Kashmir, were hampered by fast-moving floodwaters that submerged large parts of the city.

The rains had stopped on Sunday, but officials said the spreading water from the overflowed Jhelum River was moving too fast to allow boats to reach many people stranded in Srinagar for much of the day. By evening, several boats had been deployed to start rescue efforts, said Omar Abdullah, Jammu and Kashmir state's top elected official.

In many of Srinagar's neighbourhoods, the water was about four metres deep, submerging entire houses. Stranded residents left their homes to move in with friends or relatives in safer areas. THE ASSOCIATED PRESS

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Outrage at Carleton over crude T-shirts

Coarse controversy.
Students say shirts meant to protest anti-swearing policy

JOE LOFARO
Metro in Ottawa

A photo of two men wearing black, sleeveless shirts with the words "f-ck safe space" near Carleton University in Ottawa has sparked online denunciations and charges of "rape culture."

But some people say the shirts are actually a protest against a "safe space" policy forbidding swearing by frosh week facilitators.

Leslie Robertson, a civil litigation lawyer in Ottawa, tweeted a photo of the two unidentified men Sunday afternoon. At the time of publication, it had been re-tweeted by more than 100 people.

Two men wear the controversial T-shirts on Sunday.
COURTESY LESLIE ROBERTSON VIA TWITTER

In a follow-up tweet, Robertson said "there were many people, including women, wearing these shirts."

The university issued a statement Sunday evening saying it was investigating the incident.

In an interview, Robertson told Metro she saw several people wearing the shirts while walking to a farmers' market across the street from the university on Bronson Avenue. Seeing both men and women wear the shirts in broad daylight made her feel unsafe, she said.

She said she was surprised to see the shirts since lately there has been lots of discussions about rape culture and homophobia on campuses.

"If I'm living in a place where people feel it's completely appropriate to have those outward messages, like, on their T-shirts then, you know, we're not living in a safe place," said Robertson.

"I don't really know (what) the intentions of the shirts are, but it's a reminder that there are people walking around in the same places as I'm in who don't care to respect other women or whoever it is that it was intended to."

A lack-to-school dilemma

An empty teacher's desk is seen at the front of an empty classroom at Magee Secondary School in Vancouver on Friday. Schools will remain empty like this one this week as the ongoing teachers' strike continues into its second week of the new school year. JONATHAN HAYWARD/THE CANADIAN PRESS

Election 2015

NDP to unveil platform early

Tom Mulcair intends to start this fall nailing down some key planks in the NDP's election platform — a full year before the next scheduled federal vote.

The NDP leader says he'll be unveiling "some very concrete" proposals on child care, infrastructure investment, health-care funding and re-instituting a federal minimum wage, among other issues.

The New Democrats have been fighting to reassert themselves as the real alternative to Stephen Harper's ruling Conservatives, a role usurped by the third-place Liberals since Justin Trudeau took the helm 18 months ago.

They're gambling that the benefits of early disclosure — demonstrating how an NDP government would be different than the Harper regime and contrasting their substance with Trudeau's refusal to be nailed down on important policy questions — will outweigh the disadvantages. THE CANADIAN PRESS

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Rabies scare. Chinese city culls thousands of dogs

Chinese authorities killed almost 5,000 dogs in one city after blaming five human deaths on rabies, the official Xinhua News Agency reported Sunday.

The city of Baoshan in southwestern Yunnan province killed 4,900 dogs and vaccinated another 100,000 in its anti-rabies campaign, Xinhua said.

The city issued an urgent order calling for authorities to tightly regulate dogs and kill stray ones.

Chinese governments often order such widespread dog culls or ban dog ownership to control the spread of rabies.

That has sparked outcry from some dog owners and animal rights activists who call for sterilizing and vaccinating dogs rather than killing them.

In 2009, authorities in the northern city of Hanzhong reportedly killed about 37,000 dogs after a rabies outbreak, including clubbing some of the animals to death.

THE ASSOCIATED PRESS

Israel

Prostitution for redemption?

Police say they have uncovered a messianic Jewish sect that prostituted women to "save Israel."

Police said officers arrested two men and two women on suspicion of coercing women into having sex with non-Jews and exploiting them sexually by making them addicted to drugs and alcohol. The reasoning behind the plot was "to save the people of Israel and bring redemption nearer."

Police say the four suspects, two men and two women, were part of a messianic sect. An investigation revealed they were brainwashing the women into believing they were helping the Jewish people by having sex with non-Jews while pocketing the money for themselves.

THE ASSOCIATED PRESS

Ukrainian artillery sparks blazes in rebel-held village

Pro-Russian rebels sit in their car with a heavy machine-gun on Sunday in Donetsk, eastern Ukraine. SERGEI GRITS/THE ASSOCIATED PRESS

Violence continues. Two-day-old truce widely ignored in eastern Ukraine

Shelling and other clashes between government forces and Russian-backed separatists threw the ceasefire agreement in eastern Ukraine into deepening peril Sunday, two days after it took hold.

At least two houses hit by artillery fire blazed in the rural village of Spartak, which lies just north of the main rebel-held city of Donetsk and adjacent to the airport.

Civil war

"There is no ceasefire for anyone."

"Khokhol," Ukrainian pro-Russian rebel fighter who gave only his nom de guerre, on continued violence outside the rebel-hold city of Donetsk

A man whose house was struck by a shell said rebels had fired from a spot nearby, and that apparently provoked a retaliatory attack from Ukrainian government troops.

A group of rebel fighters in the village danced and drank Sunday morning in celebration after what they said was a successful assault on a Ukrainian military encampment.

The truce — signed on Friday by Ukraine, Russia and the rebels after five months of fighting that killed at least 2,600 civilians and forced hundreds of thousands from their homes — was shattered late Saturday by shelling on the outskirts of the coastal town of Mariupol. The city council said Sunday that one civilian was killed and a serviceman wounded.

The rebels opened a new front on the coast in what many Ukrainians fear is an attempt to secure a land corridor between Russia and the Crimean Peninsula, which Russia annexed in March. THE ASSOCIATED PRESS

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Security tight at Tex-Mex border

Rio Grande Valley. Despite the presence of numerous security forces and militia groups, safety is not assured for residents

Texas Department of Safety Troopers patrol on the Rio Grande along the U.S.-Mexico border on Sept. 6, 2014. ERIC GAY/THE ASSOCIATED PRESS

Not long ago, the U.S. Border Patrol was the only law enforcement agency monitoring the mesquite thickets and sugar-cane fields along the Rio Grande, and an agent's challenge was to distinguish between an exhausted immigrant and a threat.

Now the border is teeming with hundreds of state troopers, National Guardsmen and civilian militia members, all heavily armed and often wearing tactical vests and camouflage.

Illegal immigration spiked in the Rio Grande Valley this summer, forcing border patrol and the state's Department of Public Safety to deploy more troopers, with an additional 1,000 National Guardsmen deployed by Gov. Rick Perry.

But with so many different branches of law enforcement, co-ordination is challenging. Each entity uses different radio equipment, which complicates direct communication in the field, forcing representatives from each branch to sit side-by-side in a round-the-clock command centre. If maintaining security wasn't already problematic, armed civilians have joined the fray in unknown numbers

Rio Grande Valley mayor Ruben Villarreal said living along the border has made the community more receptive to having additional security forces present, and while he acknowledges the concerns of his constituents regarding their safety, he views the extra security as a necessity.

"We sacrifice privacy an awful lot down here for the security that this nation needs," Villarreal said.

THE ASSOCIATED PRESS

Youth immigration changes the issue's politics

U.S. President Obama said he is backing away from a pledge to protect immigrants from being deported, saying the politics of the issue having changed.

- **Slap in the face.** United We Dream director Cristina Jimenez feels the decision is a disservice to the Latino and immigrant community.
- **Bitter disappointment.** America's Voice executive director Frank Sharry was critical of the decision to choose politics over people.

THE ASSOCIATED PRESS

Hurricane Norbert downgraded to Category 1

A sign warns visitors of high surf as they stand on the jetty protecting Dana Point Harbor on Saturday afternoon Sept. 6, 2014, in Dana Point, Calif. Hurricane Norbert in Baja California is responsible for the high surf. Norbert weakened Saturday night to a Category 1 storm, with winds of up to 140 kilometres per hour. Though staying away from land, it was near enough to the coast to drench fishing villages and resorts, and pound beaches. Norbert peaked as a Category 3 hurricane Saturday with winds as high as 210 kilometres per hour.

NICK AGRO/THE ASSOCIATED PRESS

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Obsession with classic jeans wearing thin

Levi Strauss — which invented blue jeans 141 years ago — has created new versions of classic denim to counter what the fashion industry dubs the "athleisure" trend that is hurting the jeans business. The company's Knit Jeans, pictured, are made of stretch cotton knit to look like jeans but feel like sweatpants, and cater to people who more often sport yoga pants, leggings, sweatpants and other athletic wear instead of traditional denim. Sales of the iconic blues fell six per cent during the past year after decades of almost steady growth. The decline is being driven by women, but men's interest in jeans also is fading.

COURTESY LEVI STRAUSS/THE ASSOCIATED PRESS

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Missed the boat with Tim Hortons stock? Maybe not

HOW TO ROLL
Alison Griffiths
metronews.ca

A Tim Hortons Restaurant in front of the company's corporate headquarters in Oakville, Ont. Burger King has agreed to pay $11 billion to buy the Tim Hortons chain. AARON VINCENT ELKAIM/GETTY IMAGES

OK, so you are boo-hooing into your double-double with a side of Timbits because you didn't grab some Tim Hortons Inc. stock last year. And now, with the impending Burger King Worldwide Inc. merger, it's too late.

Or is it?

A year ago, Tim's was a $50 stock and all the fundamentals were in place to see a nice steady growth going forward. But 85 bucks was simply not on analysts' radar. In fact, with increasing competition in the sector, most analysts have been predicting low single-digit growth, if that, for the likes of McDonald's Corp., Krispy Kreme Doughnuts, Inc., and Starbucks Corp.

That was then.

First, a little lingo update is in order. "Fast food" is out and "fast service" or "quick service" is in. Ordering with your bum in a chair likely puts the restaurant in the fast casual category. Standing while ordering denotes "fast service" fare. Somehow that moniker seems a little less calorie- and sodium-laden than "fast food".

What may propel Tim Hortons to loftier stock heights is the rapid encroachment of fast service on fast casual territory. Upscale additions such as higher-quality breads and buns (thanks, Panera Bread Co.!) and salads with chi-chi ingredients such as cranberries, goat cheese, free-range eggs and pecans are now commonplace.

Fancy fixin's at fast food (oops, fast service) prices, à la Tim Hortons, will attract a new group of munchers who have avoided greasy and quick in the past. And that spells new revenues.

Also, the merger creates the third-largest restaurant chain in the world behind McDonald's and Yum! Brands, Inc. Bigger often means cost savings through economies of scale.

So, there may be some nice upside to Tim Hortons, even this late in the day.

The big negative is Tim Hortons' new bed pal, 3G Capital, which owns Burger King. There's more than a little of the Wall Street wolf, Gordon Gekko, in how this company operates. It won't hesitate to slash dividends, staff or lower the bar on ingredients if it boosts profits. But that kind of management can actually backfire on a stock by damaging the brand.

Shares

Tim Hortons' trades on the Toronto Stock Exchange (TSX) and the New York Stock Exchange (NYSE):

- $33 – March 2006 closing price, first day of trading.
- $27 – November 2008, lowest price.
- $89.22 – Sept. 2, 2014, highest price.

Mobilicity

U.S. backer sues feds for $1.2B

A financial backer of wireless startup Mobilicity is suing the federal government, seeking $1.2 billion in damages for breaking assurances that Industry Canada officials allegedly made. Quadrangle Group claims backers were assured Mobilicity would be able to transfer wireless spectrum to one of the big networks after five years. THE CANADIAN PRESS

TV delivery system

CRTC begins public hearings

The Canadian Radio-television and Telecommunications Commission begins a two-week public hearing in Gatineau, Que., Monday into proposals that could change how Canadians receive and pay for TV service. The proposals include requiring cable and satellite providers to offer a basic service made up primarily of local channels. THE CANADIAN PRESS

Alibaba Group

E-commerce firm eyes IPO record

China's Alibaba Group is seeking to raise up to US$24.3 billion in its upcoming IPO, an amount that would be the most ever raised by a company heading into its stock market debut. The e-commerce company, which Jack Ma started 15 years ago in his apartment, is hoping to sell up to 368 million shares for US$66 apiece. THE ASSOCIATED PRESS

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FUND TRANSIT THE RED CARPET WAY

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

There's been a bunch of talk during Toronto's mayoral race about tax increment financing, or TIF. It's the complicated funding mechanism that's supposed to fund candidate John Tory's SmartTrack plan, and potentially Mayor Rob Ford's subway-mania idea. But despite the campaign promises, TIF is an unproven funding source in Toronto.

I've got an alternative idea. Instead of talking about funding transit with TIF, maybe we should be talking about funding transit with TIFF.

Yeah, the Toronto International Film Festival. Maybe it, and events like it, should be a part of what drives funding for Toronto transit expansion.

Despite grumblings about increased traffic, most people recognize that TIFF, like Pride, Caribana and the Honda Indy, is good for Toronto because it boosts local business. Hotels are booked solid, restaurants are always busy and people who rent out red carpets live like kings.

But the problem for Toronto's government is, aside from some permit fees, that this increased economic activity translates into virtually no new revenue for city hall. Instead, the tax windfall from events such as TIFF comes through our harmonized sales tax — money that goes straight to the provincial and federal government, who then generally don't spend it in Toronto.

It's time to change that. Toronto needs to look at getting its own share of the pie. Toronto needs to look at implementing a municipal sales tax.

I'll acknowledge that saying this probably makes me history's greatest monster in the eyes of a lot of people, but the rationale for a city sales tax is strong and getting stronger. This isn't just some crazy left-wing idea.

Retiring Toronto city manager Joe Pennachetti — hardly a hippie — spent years advancing the idea that the city needs a revenue source that grows with the local economy, like a sales tax. It's something that virtually every developed big city around the world has.

A sales tax would flip the script on Toronto's budgets. For fiscal conservatives, the estimated $500-million per year that a 1 per cent city sales tax would bring in could ensure Toronto maintains its status as offering the lowest property taxes in the GTA years to come.

It would also create a real revenue incentive for local politicians to support cultural events across the city.

And of course it would give city a real, proven, no-fooling opportunity to create a dedicated fund for transit.

Sure, there are barriers. For starters, city hall would need to get provincial assent to even start talking about this kind of tax.

But with so much talk of unproven and risky transit financing schemes this mayoral election, I'd argue that it's time to at least have the conversation about whether those TIFF red carpets could be a reliable way to help fund the red rocket.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

WE ACT:
CANADA DOES GOOD
Rexdale educator inspires youth to give

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Marcella Porretta, educator, motivator and hug-giver, Toronto
What: Encouraging youth to volunteer and get involved in their community.
Why: To help young people find a passion and set them on a positive path.

Marcella Porretta (bottom row, far right) with students from Monsignor Percy Johnson Catholic High School. CONTRIBUTED

It's the start of a new school year, and Toronto educator Marcella Porretta is gearing up for more than just classes.

Whether she's organizing car washes, volunteering with those suffering from drug and alcohol addictions or visiting elderly people with her students, Porretta believes in making a difference in people's lives.

She's the teacher who keeps in touch with students long after graduation, guiding them where and when needed.

What inspired you to get started? I ended up meeting with a former student of mine who was in prison at the time, and we connected. I kind of took him under my wing and he introduced me to Vitanova — a non-profit that works with people suffering from drug and alcohol addictions — and I got involved in helping. Everything took off from there.

Quoted

"It's about helping kids that have nowhere else to go and keeping them busy and inspired, because it keeps them off the streets."
Marcella Porretta, on why she volunteers

What motivates you to continue the work you do every day? I work with troubled youth because I feel like they went on the wrong path for a reason. They don't have that TLC; some don't have family. I now have students who won't even ask me to give them community service hours, because they want to volunteer out of the goodness of their hearts. That's when I go, "Yes!" That's an accomplishment right there. That's what I care about.

CRAIG AND MARC KIELBURGER

MetroTube

Behold, Internet! It's the mighty spider dog

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's easy to laugh at these poor passersby panicking at something as obvious as a delighted condo-sized dog in a spider suit. But the first shot — that reveals what this thing actually looks like when it's scurrying down a darkened tunnel toward you, looking for lunch — inspires a desire to wrap the victims in a warm towel and hold them tightly. (YouTube/SA Wardega)

ISTOCK

Twitter

@metropicks asked: A rights group says that human bodies on display at the Bodies Revealed exhibit may have come from Chinese prisoners of conscience who were executed. Should the exhibit be pulled?

@sulliv16: That is sick & disgusting. Way to go! Desecrating the dead, not cool. Show some respect!

@5chadenfreude: Free trade at its finest; The import/export of prisoner's corpses for profit, but no local authority wants the responsibility.

Agree? Disagree? Join the conversation @metropicks.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 15 in Scene and page 25 in Sports.

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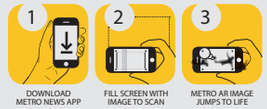

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By. Lauren Bacall

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MIND THE APP
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It's hard to imagine the late Lauren Bacall struggling with unemployment, but it's what drove her to write this final memoir. She shares the difficulties of being an outspoken loner, of being guided by Bogart's wisdom, and being lifted by carefully chosen friends. Unfortunately the book's audio doesn't work, so while you get her words, her sultry voice is missing.

Box office

Guardians still top movie in galaxy

Guardians of the Galaxy continues to rule the box office universe. It took first place at the box office for a fourth weekend with $10.2 million, according to studio estimates Sunday. Teenage Mutant Ninja Turtles sliced off second place in its fifth weekend with $6.5 million. If I Stay starring Chloe Grace Moretz took third place in its third weekend with $5.7 million.

THE ASSOCIATED PRESS

Straddling the world of television and film

Ray Donovan. Actor Dash Mihok is keeping busy with his latest TV series — plus some directing and a little bit of film, too

NED EHRBAR
Metro World News in Hollywood

metro AR Dash Mihok stars in Ray Donovan. Scan your Metro News App to watch a behind-the-scenes video of the Donovan Fite Club.

CONTRIBUTED

Dash Mihok is being remarkably good about not giving away any details about the last few episodes of the current season of Ray Donovan, even after I've tried plying him with a couple beers.

"You know my show — they can whack me at any time, so I kind of can't talk too much. They won't hesitate to whack somebody, even if you're a family member," he says.

One person on the series we agree is probably safe from any vindictive whacking is Mihok's co-star, Liev Schrieber, who plays the titular Ray. It would be weird if they killed off Ray Donovan on Ray Donovan, after all. Or maybe not.

"They could just start calling it The Donovans or something," Mihok offers. "No, he's safe."

Spoilers aside, Mihok is actually feeling quite talkative. On the series, currently wrapping up its second season and recently renewed for a third, Mihok has gotten plenty of time to explore the tortured soul of Bunchy Donovan, a luxury he attributes to the nature of television.

"In general, you see all these movie actors moving to TV because it's racier, it's more interesting, and they're enjoying getting to portray these people that are really, really complicated and layered and flawed for more than two hours," he says.

He's not really talking about TV in general, though, but cable.

"Network is network. It's fun here and there, but you don't really get to explore anybody," he says. "No offence to CBS, my parent company, but I don't watch anything on there. There's so much now on streaming and on cable now."

In fact, Mihok is so enamoured by the television world that he's actively getting into the game behind the camera.

"I just directed a pilot and screened it at my agency last week. We're going to sell it," he says.

"It's a really dark comedy, and it could go to places like Amazon or Netflix. It's pretty racy language, but there are all these outlets for that now. We just made it ourselves, and we're going to shop it. You could never do that before."

But Mihok hasn't left movies behind — far from it. With two films wrapped — including Mike Flanagan's Somnia — and another in production, Mihok has feet planted firmly in both the film and television worlds, another luxury he attributes to the more generous cable schedule. And he's still got a few items on his wish list.

"You know what I want to do? I want to shoot a movie in Europe. I've never done that. You'd think that would've happened by now," he says.

"I mean, I'd love to be the lead and work every day, but if I didn't have to, it would be great to have those days off so you can just take day trips to other places that you haven't been.

"It's like, 'Let's just bounce to Morocco for a couple of days,' and it's like going to Florida."

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Ed guesses he's pretty influential

Humble swagger. Singer-songwriter Ed Sheeran has a quiet confidence that's propelled him to huge success

PAT HEALY
Metro World News in Boston

Ed Sheeran likens his popularity to a niche that needs filling. GETTY IMAGES

On pop charts populated by rappers and dance-floor divas, a 23-year-old Brit with an acoustic guitar stands out. Ed Sheeran, whose sophomore album X peaked at the No. 1 position on the Billboard 200 earlier this summer, says he likens his popularity to a niche that needs to be filled.

"I think there is one singer-songwriter for every generation," he says. "I guess I'm just this generation's one."

This statement is characteristic of Sheeran in conversation. There's an element of the grandiosity one needs to become a pop star, but there's also a healthy dose of humility and even a trace of self-doubt. He says the phrase "I guess" about as often as he sings about being drunk. Sheeran's music is also rife with these levels of certainty. "I like a lot of different types of music, and I like trying them out, I guess," he says. "I never want to be a one-trick pony, even if I don't master the other crafts."

His live act includes experimental elements like a series of sampling pedals, and his repertoire runs the gamut from pretty ballads to confessional raps to Springsteen covers.

When asked about this cover, he says, "I was in a hotel room in New York with a friend who is an actor. And he was playing stuff on the speakers and that song came on, and I wasn't familiar with Springsteen. I was kind of familiar with his big hits but I wasn't really familiar with that album, Nebraska. And I just listened to that on repeat. Over and over again that night and I got fully into it the next day."

So who was that actor?

"A friend of mine named Kit Harington," he says. "He plays Jon Snow on Game of Thrones."

Oh yeah, we've heard of him. Sheeran's careful to distinguish that although he has some friends who are also in show business, not everybody knows each other and has the kindest words for each other.

Quoted

"I think there is one singer-songwriter for every generation. I guess I'm just this generation's one."
Ed Sheeran

On the day of this interview, a meme of Sheeran walking up to the stage at the VMAs makes the rounds, the gossip suggesting that Miley Cyrus can be seen mouthing the word "a—hole" as Sheeran high-fives a friend in her row.

Miley is definitely not clapping for Ed, but really, is this a good celebrity beef? Probably not. When we speak, Sheeran hasn't seen the clip in question, and he says that he has never met Cyrus, but he seems perfectly content with being on the gossip websites.

"At least they're saying something," he says.

Sheeran learned about not saying negative things about famous people the hard way, as last year he was critical of Cyrus' Wrecking Ball video.

One other musician you won't get Sheeran talking about is who the subject of his most recent single, Don't is.

Pointing to the lyric, "me and her, we make money the same way," many were quick to suggest when X was first released that it was about Ellie Goulding, with whom Sheeran had been spotted at a few public outings. So who is it about?

"No one's got an answer out of me yet," he says, resolute that this interview won't be any different.

What sets Don't apart from other Top 40 material is how Sheeran mixes these elements that he's perfected and others that he hasn't quite nailed yet.

Don't combines his natural sense of melody with rap, fuzzy bass, delicate falsetto backgrounds and a sing-along chorus that seems to be missing a certain word.

"That was always the original intention to put it on the record with the swear," he says of the chorus, which was originally "don't f— with my love."

Why did he change it? Fear that it wouldn't receive airplay? Concern the swear would make the tale of infidelity sound too mean? Nope. It was an eventful cab ride from L.A. to Malibu.

"I was chatting with the driver," recounts Sheeran. "We were talking for about an hour and then he said his daughter was a fan and I said, 'Hey can I play you some new stuff?' ... On that song he thought I swore too much, so I took it off for him, I guess."

What you missed!

Jessica Chastain and Chloe Moretz at the Giorgio Armani's Films of City Frames party at the top of the CN Tower. STRUT ENTERTAINMENT

Jake Gyllenhaal attends Entertainment Weekly's Toronto Must List Party at the Thompson Hotel. GETTY IMAGES

Exclusively online

This actress starred in the Canadian porn-not-a-porn film Bubbles Galore.

Hint: If you were following the ABCs of Canadian Film on metronews.ca you would know the answer.

Dobber@TIFF The Drake Hotel

The Drake Hotel is a cultural, entertainment and hospitality landmark located in Toronto's Queen West Art & Design District. Ever since it opened its doors on Valentine's Day 2004, The Drake has come to be known as an energetic hub for visual and performance art as well as dining and hospitality.

ANDREW JOHN VIRTUE DOBSON
tiff.metronews.ca
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A west-end retreat for pretty parties

During TIFF, The Drake acts as a west-end retreat for those looking to enjoy a pretty party outside of festival HQ. A potpourri of Drake's TIFF past: Benedict Cumberbatch did all of his press for The Fifth Estate here, Adrien Grenier is a regular, Adam Driver hung out (and got his hair cut) at the hotel's Overdrive Party, and the always-oddball Peaches performed an unforgettable set here.

Room Two Oh Two spacious and plump

The Drake's signature suite, dubbed Room Two Oh Two, is big enough to host a pre-show party, with its own mid-century-inspired living area outfitted with a plump Italian daybed. The spacious suite is also outfitted with a contemporary glass shower, original artwork, custom millwork, hardwood floors, tasty treats, Malin + Goetz toiletries, complimentary tech library and handmade doll.

metro AR → Scan this photo with your Metro News app for a video tour of the Drake Hotel.

Brunch on Beaconsfield

Most local folks swear by the Drake's brunch, which is best enjoyed on the patio that stretches along breezy Beaconsfield Avenue. Soak up the sun in the late morning while sipping a frothy latte and devour the kitchen's signature Benny (hand-carved country ham, cheddar biscuit, poached eggs and hollandaise) and Chicken & Waffles (southern-fried chicken thighs, herb waffle, Niagara cherry jam, crème fraiche and maple syrup).

Shoot for the sky

The hotel's rooftop patio, The Skyard, comes alive every evening, as the who's who arrive for Toronto's most sought after alfresco party. Quench your thirst on my two fave creative cocktails: Hedonism II (Mount Gay Eclipse rum, amaretto, cassis, lime, bittermens elemakule tiki bitters) and Seven Sages (cucumber gin, matcha green tea, honey syrup, muddled sage, lemon juice and seltzer water).

Australian influence

Each year, the Drake partners with TIFF's Future Projections program, an initiative to underscore the link between visual arts and film. This year, TIFF is flying in a notable Australian filmmaker, Shaun Gladweel, who will showcase a series of short films made with BMX bikes and skateboards at The Drake and Drake One Fifty.

WATCH FOR DAILY UPDATES ON CELEB SIGHTINGS AND TIFF PARTIES FROM ANDREW DURING THE FESTIVAL AT TIFF.METRONEWS.CA.

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Noomi Rapace says she never lets vanity get in the way of a role. GETTY IMAGES

Dragon Tattoo star moves out of the dark and into the pink

Noomi Rapace. After going blond for a movie role, actor jokes the new hair colour is starting to affect her perspective on life and her own identity

NED EHRBAR
Metro World News in Hollywood

It's a little surprising to see Noomi Rapace as a blond.

And not just a blond — she's even got a streak of pink running down her braid.

And gold necklaces and earrings shouting words like "boom."

It's a far cry from her star-making work in The Girl with the Dragon Tattoo, or even Nadia, the guarded former drug addict she plays in the Drop alongside Tom Hardy.

And it looks like all that blond hair is having an effect on her.

What brought that on?

Oh, the pink? I'm all into pink now. It's my blond me. I don't know, it's interesting. I went blond for a movie, and it kind of affects you.

When I was doing The Girl with the Dragon Tattoo, after that I couldn't wear black for like a year, and I love black.

And then a couple of years ago I came back to being able to wear black, and now I'm into pink and red and stuff. Complete identity crisis.

Are you going to start looking for roles that are more ...?

Pink?

Barbies, yeah. I want to do a f--ed up Barbie character. That would be awesome. I would like to do like a Natural Born Killers story.

I would watch that.

For me, I think I like the transformation. When I read a script, I always ask myself, "What do I need to do? Who is this person and how will I become her?"

I can gain weight, I can lose weight, I can shave my head, I can be blond, I can do piercings. I do pretty much anything.

I made a decision when I was 22 that I will never make a choice out of vanity.

It doesn't matter if I'm ugly in a movie. I have let that go, because I can't work if I'm worried about how I look.

And someone like Tom Hardy, he's the same. We have that in common.

Whatever is needed for the character is always more important than your own personal issues.

"Like a nail in the eye," Noomi Rapace likes to provoke

Despite edgy roles in Drop and The Girl with the Dragon Tatoo, Noomi Rapace says no role has been too much or forced her to go too far.

"No, not yet. Although I did a movie called Daisy Diamond that was really quite far out. I played a woman who has a baby and can't take care of it. She loses control and actually kills the baby in the middle of the film and then becomes a prostitute. It won a ton of prizes in some countries, and other countries — like Sweden — did not like the movie. So it's interesting to see how different cultures take it, how in Sweden they saw the movie and judged it while in Denmark I won every prize. I like to provoke, to be like a nail in the eye, to go in and scratch, to do things that are not always comfortable."

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Sceenings, Q&As and a watch repair

TIFF. Bill Murray, Al Pacino, Robert Downey and Dustin Hoffman highlight first weekend at Toronto film fest

Reel Guys at TIFF

RICHARD CROUSE AND MARK BRESLIN
tiff.metronews.ca

Richard: Mark, no matter how prepared I think I am going into TIFF, the first weekend always bowls me over. Like I've been run over by a stretch limo running late for a red carpet. This year was no different. Things really kicked off on Friday with the celebration of all things Murray. Bill, that is. The great man himself was seen all over town and even did a Q&A before a screening of Ghostbusters, and appeared in the pouring rain at the gala for his new one, St Vincent. My favourite line of his? "If this is really my day, why do I have to work so hard?"

Mark: Wish I'd seen that, Richard. But I did see Al Pacino, the great Al Pacino, in the unanticipated Q&A after The Humbling. When asked why he was drawn to the material in the Philip Roth adaptation, he said that the character had a lot in common with him, as an actor on the way down and a bit of a has-been. It was an amazing moment of how one of the greatest actors in the world regards himself. Also, he said he acquired the rights to the book in 2009. Which means it took five years for Al Pacino, the great Al Pacino, to get a movie made. Yikes! I admit the material is complex, and not multiplex fare. But The Humbling also has an offbeat sense of humour and a killer script by Buck Henry.

RC: When I wasn't at a screening, I spent the weekend interviewing people — notably, the stars of the opening night film, The Judge. Robert Downey Jr. was last year's highest-paid movie star, and he's also one of the most quotable. When he walked into the room he was carrying a little green box. "I have distilled socialism in this box," he announced, "and am taking it back to America." In a wide-ranging conversation, he talked about portraying realism on camera — "Realism is the death of cinema in many ways" — and plans for his next couple of movies. "I can tell you for sure that we are obsessively working on another Sherlock, and the Marvel universe seems to self-perpetuate."

MB: What other star than Downey would dare to use the word socialism in an interview that could be picked up by Fox News? What a gloriously eccentric actor and human being.

RC: I also got to spend some time with Dustin Hoffman. Not only did I fix his watch — he couldn't stop the alarm from going off every 10 minutes or so — but we talked about his film Boychoir, and why he started acting in the first place when his first love was music. "I wanted to be a musician but I wasn't talented enough. I have small hands," he said, which made it difficult to excel at piano. "There is no correlation between small hands and private parts," he added, before saying, "I was told to take acting. Nobody flunks acting." Later he said that it wasn't such a bad choice because, for instance, "No one ever says, 'I want to be a critic when I grow up.'"

Robert Downey Jr. stars in The Judge, the opening night film at the Toronto International Film Festival. GETTY IMAGES

Downey trades suits

The Judge is a sprawling, old-fashioned legal and family drama with just enough modern edge to make it feel current. Both Robert Duvall and Robert Downey Jr. are great in it, and it's a pleasure to see Downey act as a real person in a film that's not a comic book and without literal and metaphorical armour.
MARK BRESLIN

METRO CUSTOM PUBLISHING

Uncover gems in Toronto with American Express

Torontonians share where they find their inspiration

CONTRIBUTED

MAPS ONLINE
Check out the maps on the American Express Canada Facebook page at facebook.com/AmericanExpressCanada and share your favourite spots using hashtag #InspiredBy.

Amex and Metro asked — and you answered. Torontonians have shared the places in Toronto where they find inspiration for reading, music, fashion, cooking, and wellness.

There are so many places yet to be discovered and enjoyed, with more than half the population admitting to only being familiar with a portion of their cities. To help motivate Canadians to seek out their city's hidden potential, American Express Canada worked with bloggers and residents of Vancouver, Calgary and Toronto to crowdsource each city's undiscovered gems and populate them into interactive maps.

After a recent survey revealed that only 77 per cent of Torontonians have explored half of their city or less, American Express Canada called on residents to share the hidden gems in Toronto that inspire them.

These suggestions have been compiled and interactive maps have been developed to help encourage city dwellers to find inspiration and the true potential Toronto has to offer.

Some of Torontonians favourite spots in the city include:

- The Knox College courtyard
- Palmerston Street in Little Italy
- Toronto Island

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sad week for Mark, Justin, and sexy pairs of stars/geckos

STARGAZING
Malene Arpe
scene@metronews.ca

Mark Wahlberg

This week in sadness:

1. No one wants to pay for photos of Ashlee Simpson and Evan Ross's honeymoon.

2. The geckos sent into space by Russia to have gecko sex returned dead.

3. Super-hot couple Ian Somerhalder and Nikki Reed spent almost $1,000 on sex toys after a month of dating.

4. Mark Wahlberg couldn't be bothered to show up to his brother Donnie's wedding to Jenny McCarthy.

Dancing with the Stars pro Karina Smirnoff says she doesn't think former pro Julianne Hough joining the show's judging panel is "ethical." She's equally concerned about Bachelor in Paradise's stand on the socio-economic impact of sloppy ocean sex.

Justin Bieber sprains his wrist. Was he:

A. Wrangling a steer?

B. The victim of a Lego castle collapse?

C. Still distraught over the revelation Hello Kitty is not a cat and repeatedly punching himself in the face while muttering, "Stop crying. Stop crying?"

Kanye West wants to star in an Anchorman-type comedy. Except it won't be funny and will consist of his yelling at a trapped crowd who just wanted to hear his music.

Brad Pitt and Angelina Jolie are spending their honeymoon making a movie about an unhappy marriage. Rumours have it the fictional marriage crumbles when the wife decides to have her children decorate her wedding dress with ugly crayon drawings.

Rock 'n' roll is dead, and Gene says it's our fault

The party's over, everybody. Gene Simmons says rock 'n' roll is dead. Never one for melodramatic statements, the Kiss leader explained to Esquire recently that the system's changed, man. It's changed.

"Rock is finally dead. I am so sad that the next 15-year-old kid in a garage someplace in Saint Paul that plugs into his Marshall and wants to turn it up to 10 will not have anywhere near the same opportunity that I did," he says.

"The death of rock was not a natural death. Rock did not die of old age. It was murdered. And the real culprit is that kid's 15-year-old next-door neighbour, probably a friend of his. Maybe even one of the bandmates he's jamming with."

Say what now?

Gene Simmons

Oh, right. According to Simmons, this whole tragedy is down to the fact that we as consumers aren't doing enough to support decent, hard-working record companies that therefore can't afford to support musicians like they used to.

Shame on us.

Antonio Banderas

Dutch fling pre-dates split with Melanie

As his divorce battle with Melanie Griffith rages on, Antonio Banderas has reportedly been finding it harder and harder to hide his affections for Dutch banker Nicole Kempel, the woman he was seen frolicking with in St. Tropez last month.

And sources tell Radar Online that the two were already an item before Griffith filed for divorce.

"He is really in love with her. He comes to France to visit her when he can, and they already went for a 10-day vacation together in secret," a source says. "Only her closest family and friends knew. They were hiding everything from everybody because Melanie got a very good divorce lawyer, and I think he was hoping to keep it under wraps until the end of the divorce."

Awkward making music instead of babies

Gwen Stefani admits that having husband Gavin Rossdale step in as a mentor during her first season as a judge on The Voice made her feel a little uneasy.

"It was just awkward. We've only collaborated on making babies," Stefani says, according to Fox News, describing skills that probably wouldn't fly during a network prime-time reality singing competition.

The singer was worried that she and Rossdale would clash over musical styles and tastes.

Buying away the blues?

Emotional purchases. If you're spending when you're sad or in need of an emotional boost, you have a problem

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Want to stop emotional spending? Stay out of stores and unsubscribe to catalogue mailings. ISTOCK

Ashley loves to complain that she doesn't have any money. Last year she went five months without a job after she was laid off. Her parents helped her out, and she paid them back, but she felt like a child having to ask for help so she wants to make sure she doesn't have to in the future. She's trying to set up an emergency fund but every time Ashley has $1,200 saved up, something mysterious seems to happen: The money disappears.

First there was the stressful week at work. As Ashley walked past her favourite shop on the way to the bank, she popped in to have a look and cheer herself up. She spent $214 on two tops, a scarf and a new little black dress. She was proud since the two tops were 50 per cent off. And she felt great about her new LBD because the other three little black dresses in her wardrobe were "old." Besides, she had the money in the bank.

Next there was the weekend away. "I just needed to get away for a couple of days," Ashley said. "I stayed with friends, so I only had to pay for the train tickets and food. Oh, and I brought my girlfriend this fabulous cookbook I found in a second-hand store — just seven bucks."

Then there was the wedding Ashley had to go to. "My university roommate is coming to town for this so I have got to look good."

She not only had a spa day, she dropped $370 on a new dress and $200 on a fabulous pair of shoes. In her mind, it was an emergency.

Ashley spends when she's stressed, when she's bored, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue. Ashley is an emotional spender.

Are you one, too?

If you find that you shed dollars when you're in the rough emotionally, it's time to become aware of what's triggering your spending. Hey, everyone enjoys the buzz of a new acquisition. That's your brain chemistry rewarding you for acquiring something new. But if you're letting that buzz drive you to do things that will hurt you in the long run, you've got to squash it like a bug.

- Do you get a rush when you spend money?
- Do you buy things you don't need?
- Have you gone shopping because you just needed to "cheer yourself up" or "get out of the house?"
- Have you bought things you can't really afford? (So you put them on credit and don't pay them off in full at the end of the month.)
- Do you feel buyer's remorse, returning things after you get them home?

The more often you answer 'yes,' the more likely you're an emotional shopper. Want to squash the emotional spending bug?

Stay out of the stores. If Ashley hadn't gone into her favourite shop, she'd still have the $214 she spent to alleviate her stress. Breathing alleviates stress and it's free. There's also walking, singing, watching a funny video, and dozens of other stress-busters that don't involve spending money you planned to save.

Get rid of the temptation. If you're pummeled with ads or you have an inbox full of "sales" from online stores, you're begging for a bite from your emotional spending bug. No emotional shopper can face that much temptation without giving in. When you're stressed or blue, your resistance is lowered so you're that much more likely to drop some money. Get yourself off those lists. Unsubscribe to catalogue mailings. And don't even open the email offers. Just move 'em to the trash.

Keep track of your spending. Even small indulgences will add up quickly. It is not OK to buy just because it's under 10 bucks or it's a great sale. If you see something you really like, take a picture with your phone and walk away.

If you still want that shirt or that cute hat tomorrow, go back when emotion isn't driving the decision.

While we all succumb to emotional or impulse spending from time to time, when it becomes a regular event, you've gotten into a bad habit. You have to consciously stop allowing your impulsive responses to bridge your emotional gully.

Acknowledge how you're feeling and look for ways to make yourself feel better that don't involve messing with your money plans.

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Lessons from the desert

A true purpose can produce an unexpected passion

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

My biggest 'aha' moment in a recent team-based bike race, used as cross-training for Antarctica 2014, was finding out that even when we believe we have given our best, there is a whole new level we can give if we have a purpose to give it to.

In this event, as the race progressed, various timed sections of the race demanded different strategies, and each member of our team of eight would be called to push beyond their perceived limits for the purpose of helping the team at a point in time.

As a rule, I expended myself as if there were no tomorrow. But a pattern became obvious: When I was called on to contribute, after reaching the top of a climb, I couldn't believe the effort and heart rate numbers displayed on my cyclo-computer. When I knew I was not needed, despite giving my perceived best anyway, my computer posted numbers 15 per cent lower.

Most of us want to believe that we give our best when we are focused on a task. However our best can be even better if we operate with the belief that it truly matters, that it impacts a bigger purpose such as our team, our organization or our relationships. As such, never underestimate what you or a team member can give; simply let them know their contribution matters, regardless of size, and watch them amaze you and themselves in the process.

A floundering work ethic can be set straight if you feel that your contribution counts. ISTOCK

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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I've been weeping at the watercooler

Dear Metro,

I have an embarrassing tendency of crying at work. I can't help it! It's not even that I'm sad, I just lose control of my tear ducts at the first sign of stress. I'm worried my colleagues think I'm over-sensitive, or that I'm gaining a reputation as a crybaby. Any advice on how to get my blubbering under control?

- Wah Wah Wah

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Work pals aren't always going to be able spare a second to soothe you. It's important to find ways to wash out your woes without creating puddles on your co-workers' keyboards. ISTOCK

Dear WWW,

Workplace tears are tricky. While crying is a normal response to difficult situations, public breakdowns, particularly in a professional setting, are rarely not embarrassing.

And if they're happening on a regular basis, you may be trapped in a vicious cry-cycle: stress makes you cry, crying makes you stressed, and stressing over crying makes you cry even more. But there are ways to snap the loop.

What kind of tears are we talking about? Silent drippers can potentially fall unnoticed with the help of some interventions: Take deep breaths and keep a water bottle on hand in high-pressure meetings — a sip will help wash away that lump in your throat. And remember: you might feel like you're teetering on the brink of a full-puddle meltdown, but if it's just a few quiet drops, your co-workers probably won't notice. For outbursts of the more histrionic variety, consider addressing the issue directly. This could mean finding a quiet spot (an empty bathroom, a park down the road) and letting yourself weep out the tension.

Or it could mean explaining to your colleagues and superiors, in a moment when yaour ducts are plugged, that your outward displays of emotion don't necessarily reflect your level of inward turmoil.

In any case, it's key to question the root cause of your faulty plumbing. If small worries are prompting big reactions, there's likely an underlying source of anxiety — be it personal or professional. Tackling your deeper triggers won't be easy, but it could help your day-to-day run dryer.

Finally, don't be too hard on yourself — you're certainly not a pioneer when it comes to office waterworks.

In fact, there may be benefits to your on-the-job sobs: within reason, shows of feeling could bring you closer to your colleagues. We all want our work-selves to be our most polished selves — but emotion should not be dismissed as a sign of weakness.

It's more just a sign that you're human.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Dilemma at your desk?

Are you having a problem at work that could use some candid counsel? Write to life@metronews.ca and your question might be published and answered in our new column, Office Space.

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A little cheesy, but not processed

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Inspired Lunches Week. Want to pack something more exciting? We got you covered, starting with this Lobster Grilled Cheese Sandwich

Grilled cheese sandwiches have made a major comeback as lunch and dinner choices, but the plain old processed cheese grilled sandwich is now on the back burner!

In the past, these traditional sandwiches were considered standard fare on dinner menus, but more recently they have a new image and are popping up on gourmet menus.

With a wide selection of artisan breads, cheeses, vegetables and proteins added into the mix, the combinations are endless.

This is my version of a seafood grilled cheese sandwich. Lobster is definitely a luxury food item, but today you can find great frozen products in your grocery.

You can always substitute shrimp, crabmeat or surimi (artificial crabmeat).

The avocado, corn and jalapeno are a perfect match with the seafood.

You can prepare the salsa up to two hours in advance. Assemble the sandwich just before serving.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. Sauté corn in skillet sprayed with vegetable oil for 5 minutes just until lightly charred.

2. Place corn in a bowl along with avocado, jalapeno, red onion, salt and pepper, lemon juice and olive oil.

3. Place salsa over 4 slices of bread along with the lobster and cheese. Place the other bread slices overtop. Brush reduced-fat mayonnaise over the outside of the bread slices.

4. Grill sandwiches for about 5 minutes or just until the bread has browned and the cheese has completely melted.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 cup corn, drained and rinsed
- 1/2 cup diced avocado
- 1 tsp minced jalapeno
- 3 tbsp diced red onion
- Pinch of salt and pepper
- 1 1/2 tbsp lemon juice
- 1 1/2 tsp olive oil
- 8 slices crusty bread (1/2 inch/1
- cm thick)

6 oz lobster meat, chopped (if frozen and defrosted, squeeze out excess moisture)

- 1 cup grated Havarti cheese
- 2 tbsp reduced-fat mayonnaise

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Jackman Hall, Art Gallery of Ontario
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Tours & Talks
2:30–6:00 PM
Various locations in Toronto

Engage with Toronto's art scene through free tours in many of the city's art galleries. Tours are led by art experts and each stop features a talk about the exhibitions on view.

Find more information on the day's events at **canadianart.ca/galleryhop**, and pick up your copy of the Metro on September 18 for the Hop Day brochure.

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CANADIAN ART FOUNDATION where people and art connect

BMW Championship win

Horschel vaults into 2nd in FedEx Cup rankings

Billy Horschel gave up the lead, then took it back, and ended up with a two-shot victory over Bubba Watson at the BMW Championship.

Horschel shot a 1-under 69 on Sunday to finish at 14-under 266. He'll head into next week's Tour Championship ranked second in the points standings, meaning a win there will earn him the FedEx Cup and a $10-million bonus.

Ryan Palmer overcame a three-shot deficit to start the day and was tied with Horschel after 11 holes, but made double bogey on the 13th to fall three behind. Still, his tie for fourth vaulted him well inside the top 30. THE ASSOCIATED PRESS

NFL

Bills beat Bears in OT to begin season

Fred Jackson set up Dan Carpenter's field goal in overtime with a 38-yard run to the one-yard line, and the Buffalo Bills stunned the Chicago Bears 23-20 in the season opener Sunday.

Bills quarterback EJ Manuel completed 16 of 22 passes for 173 yards and a touchdown. He also had for a two-yard touchdown run in the first quarter.
THE ASSOCIATED PRESS

Serena rolls past Wozniacki for 18th major title

Serena Williams celebrates with the championship trophy Sunday, after defeating Caroline Wozniacki in the women's singles final of the U.S. Open in New York. Williams won by the score 6-3, 6-3. It was Williams' third consecutive U.S. Open title and 18th major title overall, equalling Chris Evert and Martina Navratilova for the fourth most in history. Scan the image with the Metro News app for more from the women's final and the U.S. Open over the weekend.
MATTHEW STOCKMAN/ GETTY IMAGES

Bautista's blast bumps Blue Jays past BoSox

MLB. Toronto heads home after a 4-2 road trip that saw Melky Cabrera suffer a season-ending injury

Heading home after a six-game road trip with four wins against a pair of division rivals is usually cause for celebration. But the Blue Jays' 3-1 victory on Sunday against the Red Sox left an empty feeling, coming as it did after a pair of demoralizing losses and Friday's season-ending injury to Melky Cabrera, the team's most consistent hitter.

"It could have easily been a 6-0 road trip," said Jose Bautista, who belted his 31st home run of the season. "But you're going to lose some games throughout the season that you feel like you should have won. We should just ... focus on the ones that we have still coming up, because we can't change the outcome of those games."

Bautista's game-winning three-run blast was his 20th career homer at Fenway, the most by any visiting player at any ballpark since 2008, and it cleared the Green Monster and the entire ballpark. It was Bautista's seventh homer in his last 11 games — tying Mike Trout for sixth-most in the majors — and his 31st career home run versus Boston, the most he has against any team.

R.A. Dickey, meanwhile, evened his record to 12-12 while lowering his ERA to 3.84. He allowed one run on six hits in seven innings.
TORSTAR NEWS SERVICE

4 SPORTS

Rouge National Urban Park

PARKS CANADA AGENCY TO HOST PUBLIC OPEN HOUSES ON ROUGE NATIONAL URBAN PARK'S DRAFT MANAGEMENT PLAN

Plans are well underway to create Rouge National Urban Park in the Greater Toronto Area – Canada's first national urban park. Once established, Rouge National Urban Park will be 16 times the size of Central Park in New York and will protect and celebrate natural, cultural and agricultural resources, heritage and landscapes in Canada's largest metropolitan area.

After hearing from nearly 10,000 Canadians, we are pleased to announce that Rouge National Urban Park's first draft management plan has now been released for public viewing and feedback. Visit parkscanada.gc.ca/rouge to read and download the plan, as well as to complete an on-line survey about it. Your feedback is important.

Four public open house meetings are planned for the following dates and locations.

September 9, Markham
Markham Museum
9350 Markham Rd
Markham, ON L3P 3J3
7 pm to 9 pm

September 10, Scarborough
Royal Canadian Legion, Branch 258
45 Lawson Road
Scarborough, ON M1C 2J1
7 pm to 9 pm

September 16, Pickering
Pickering Recreation Complex,O'Brien Room
1867 Valley Farm Rd
Pickering, ON L1V 6K7
7 pm to 9 pm

September 18, Toronto
Art Gallery of Ontario, Jackman Hall
317 Dundas St West
Toronto, ON M5T 1G4
7 pm to 9 pm

We look forward to seeing you there.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No one person is to blame for the predicament you are in, it's just one of those things. Don't look for people to criticize. Besides, the problem can easily be solved. Think logically.

♉ Taurus
April 21 - May 21
According to the planets, for the next 24 hours, you will be in tune with the spirit of the age. Don't be surprised if strangers approach you and treat you as if you are someone special.

♊ Gemini
May 22 - June 21
You have friends in high places and you must make better use of them. There is no reason you should miss out on good things because you think it is wrong to give yourself an advantage.

♋ Cancer
June 22 - July 23
A problem that has been annoying you for weeks, maybe even months, can easily be resolved, provided you are willing to listen to advice.

♌ Leo
July 24 - Aug. 23
You may be shocked by what you see or hear over the next 24 hours but you're advised to mind your business. Yes, it seems wrong, but there are other ways of looking at it.

♍ Virgo
Aug. 24 - Sept. 23
The more you give of yourself, the more you will get in return. It can be done — and must be done if you hope to prosper.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to people who say you should do something one way when instinct tells you that it should be done another way. Trust your inner voice.

♏ Scorpio
Oct. 24 - Nov. 22
A secret admirer will be secret no longer. If your feelings are as strong as their feelings for you this will be a marvelous week. If not, find a way to put them off without being brutal.

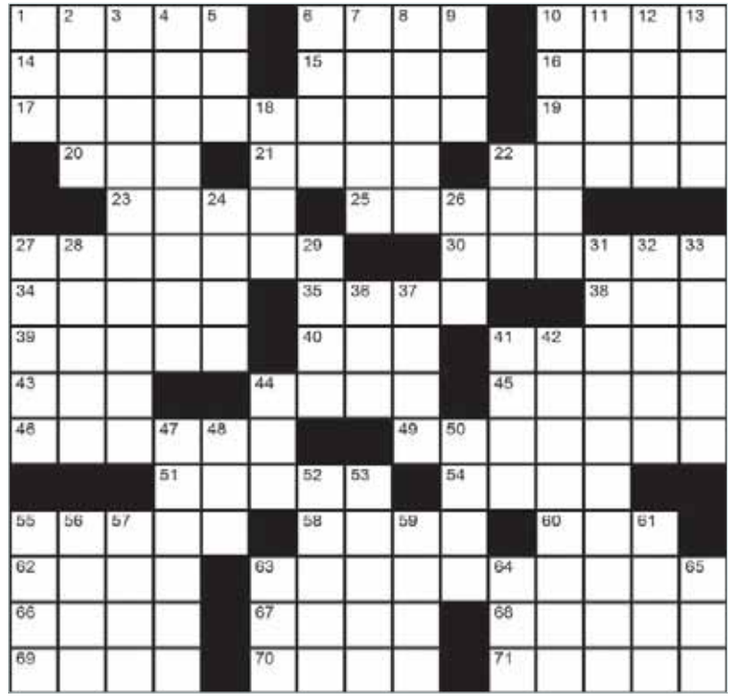
♐ Sagittarius
Nov. 23 - Dec. 21
Your working routine will be disrupted during the early part of the week but you won't be too worried. There is so much going on in your life that you could probably do with a rest.

♑ Capricorn
Dec. 22 - Jan. 20
Try not to be so intense over the next 24 hours. You should know by now you get just as much done with a smile on your face as with a scowl.

♒ Aquarius
Jan. 21 - Feb. 19
It seems you've overestimated the return you'll get from an investment and, of course, you are disappointed. But it's not the end of the world and it may work in your favour.

♓ Pisces
Feb. 20 - March 20
You won't have to go looking for action today — it will find you. You may wonder what you have done to suddenly be the focus of so much attention.

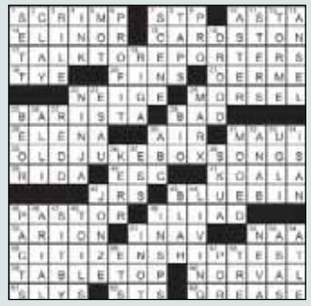
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Entire extent
6. Couch
10. Criticize
14. Bungling
15. Caesar's 902
16. Ms. Tequila
17. Jedi's weapon
19. "__ Louise!"
20. Actor, Hakeem __-Kazim
21. Under-Shift key
22. Cheesy critter
23. Filmdom's Rooney
25. Jasper National Park: Mount __ Cavell
27. "Peace Train" by Cat __
30. Toronto punk band, __ Bats
34. Actress Erin
35. Foot part
38. Seafarer's 'sure'
39. Slant
40. "Go!!!"
41. Like shoe bottoms
43. Alkali
44. Mariah Carey's nickname
45. Kim K. sister
46. Ali of "Legends"
49. Jenny McCarthy and Melissa McCarthy
51. Canadian chanteuse, Julie __
54. Young deer
55. Belonging to Beyonce's hubby
58. "The Wire" band
60. Conductor, __-Pekka Salonen
62. International oil gr.
63. Purchaser of Tim Hortons, as in recent business headlines: 2 wds.
66. Regarding: 2 wds.
67. ___ extra cost
68. Kellie Martin's role on early-'90s series "Life Goes On"
69. The Spinners' "Could It __ Falling in Love": 2 wds.
70. "Yoo-hoo..."
71. Tattooed

Down
1. Sudbury-born country singer Mr. Grand
2. Name for Canada's series of satellites
3. __-__ (The deal at #63-Across)
4. Lasting close to a decade starting in 1755, Acadians being deported from the Maritimes, The Great __
5. Between R-and-Y keyboard letter x 3
6. Flee
7. Dark-to-lighter highlights
8. Tim Hortons __ (New Hamilton stadium)
9. Televise
10. Fort __. __ (Northeastern BC city)
11. Stead
12. Pub orders
13. Labyrinth
18. Skim
22. Kingston Trio hit
24. Ms. Russo
26. German 'I'
27. Wee
28. Skating's Ms. Harding
29. Draped dress
31. Say you won't be at work: 3 wds.
32. Keep your __ __ the prize
33. Advises, archaically
36. Bash
37. Stylish
41. Gull-like bird
42. Southwestern Ontario village famous for its sprint car racing Speedway
44. "__. Miniver" (1942)
47. _ _ _.__ (Showbiz/gossip news website)
48. Lou Grant portrayer ...his initials-sharers
50. Britney Spears' "Piece __": 2 wds.
52. Closes
53. Nets
55. Absalom's killer
56. Church part
57. Abominable snowman
59. Jazz classic: "_ __ Rhythm"
61. 'Assist' suffix (Help)
63. Bread roll type
64. MLB statistic
65. Meander

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

			2					
3				5	4		7	
	5	7		1		9	8	4
	8					2	6	
			1		8			
	6	1					5	
8	2	6		3		5	4	
	9		4	8				3
					9			

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